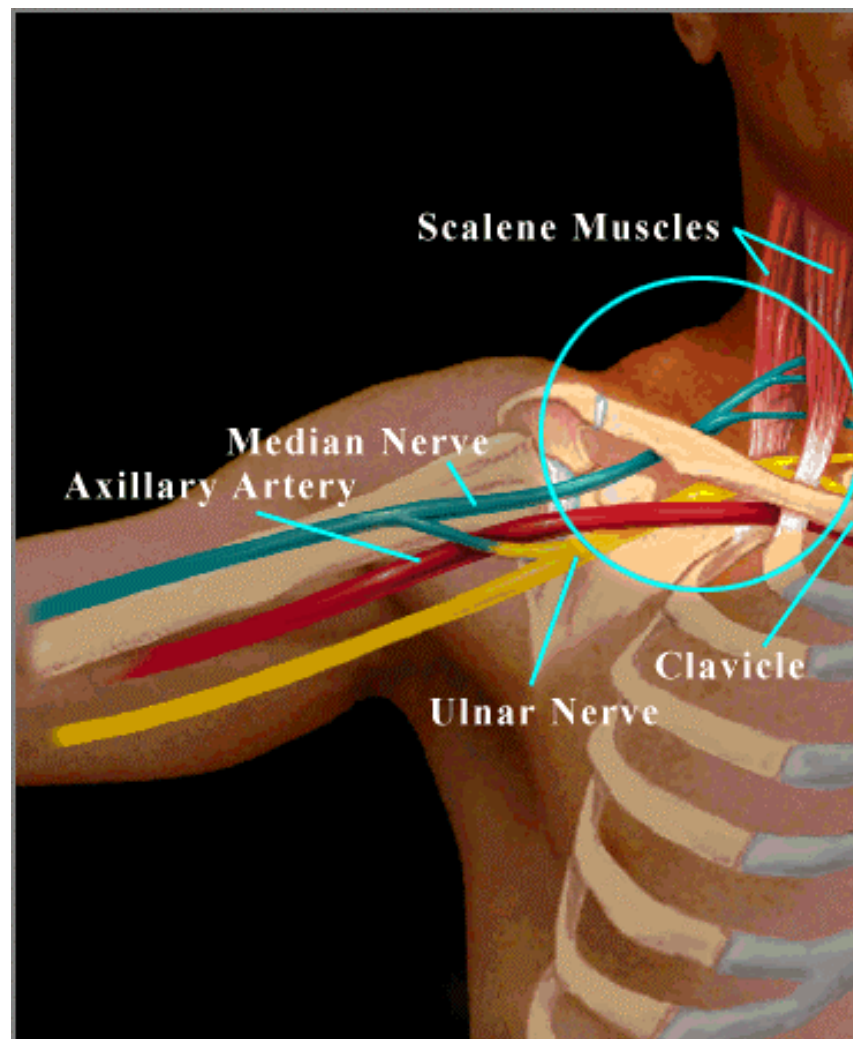
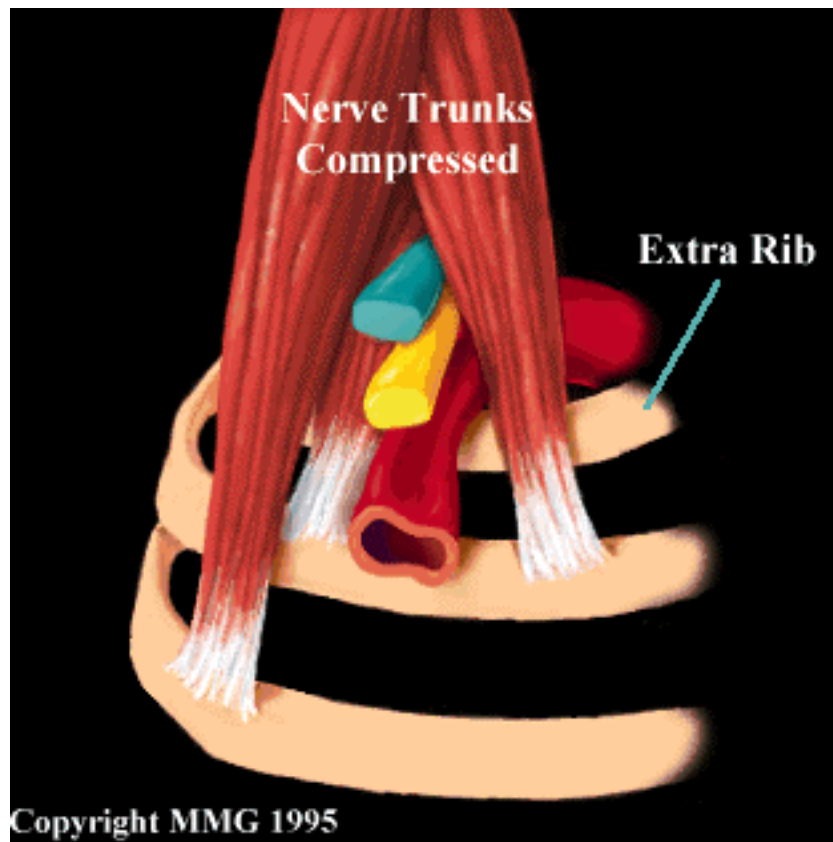


Thoracic Outlet Syndrome

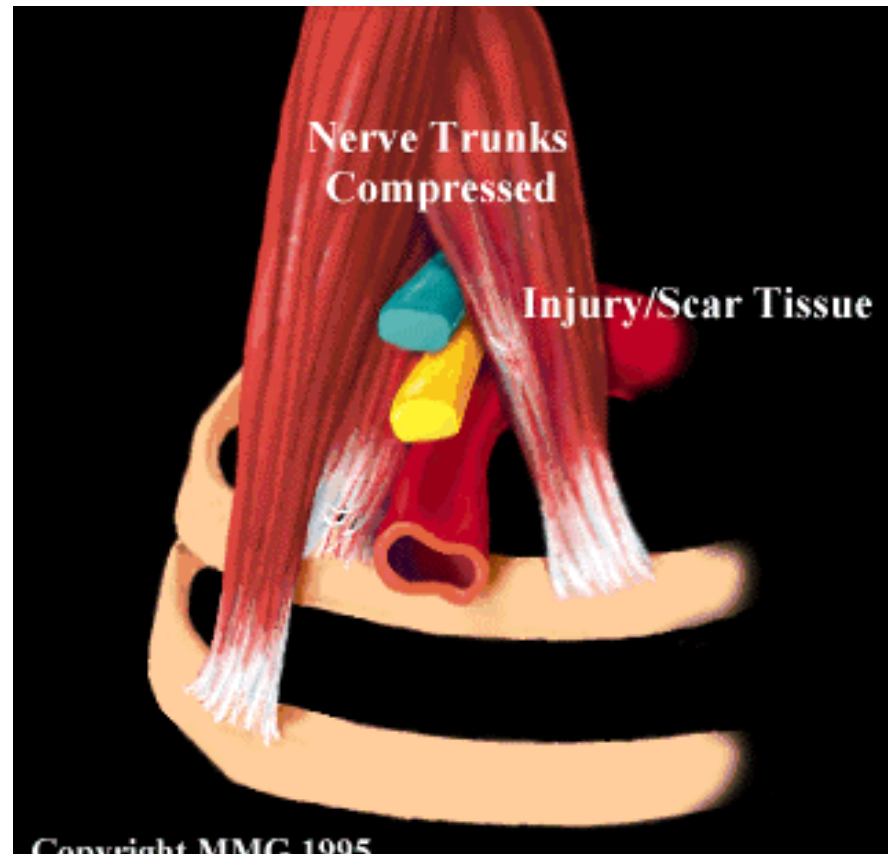


Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/thorox.gif>

Thoracic Outlet Syndrome



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/toscx1.gif>



Medical Multimedia Group, 1997
<http://www.sechrest.com/mmg/ctd/toscx3.gif>

Other Disorders I

- **Reflex Sympathetic Dysfunction (RSD)**
 - Chronic pain affecting sympathetic nervous system
 - Must catch within 6 months
- **Focal Dystonia (“Writer’s Cramp”)**
 - Involuntary cramping of hand
- **Osteoarthritis**
 - Degenerative joint disease
- **Fibromyalgia**
 - Chronic pain (non-RSI) with trigger points and sleep disorders

Other Disorders II

- **Dupuytren's Contracture**
 - Thickening of palm or nodule on tendon causing finger contracture
- **Tension Neck Syndrome**
 - From overworked muscles in shoulder/neck region
 - Static contraction
- **Bursitis of Joints**

Vision

- **RSI of the Eyes**
 - Nearsightedness, focusing problems, eyestrain, headaches, blurred vision
- **Factors**
 - Distance to VDT
 - Glare and reflection
 - Length of time
 - Bifocals and contacts
- **To Do**
 - Get right prescription
 - Rest eyes (5 min/hr)
 - Exercise eyes -- distant focus
 - Moisturize
 - Clean screen

Risk Factors

Personality

Lifestyle

Genetics

Posture

Risk Factors

Stress

**Exacerbating
Activities**

**Corporate
Culture**

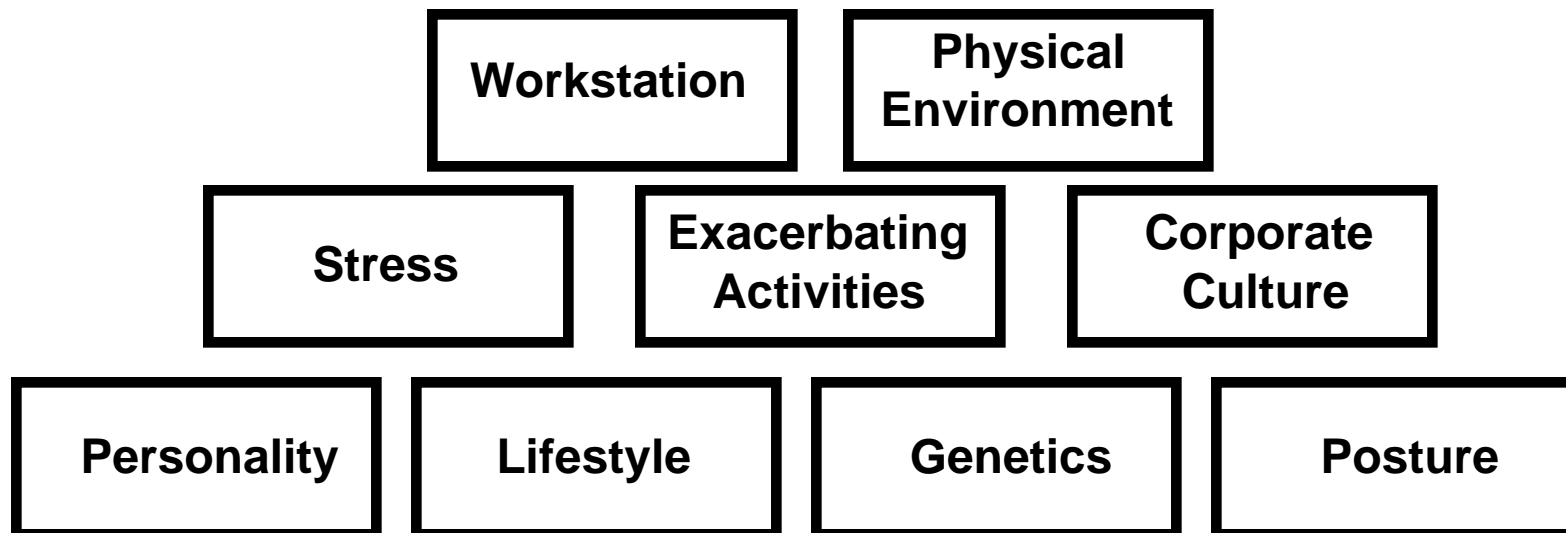
Personality

Lifestyle

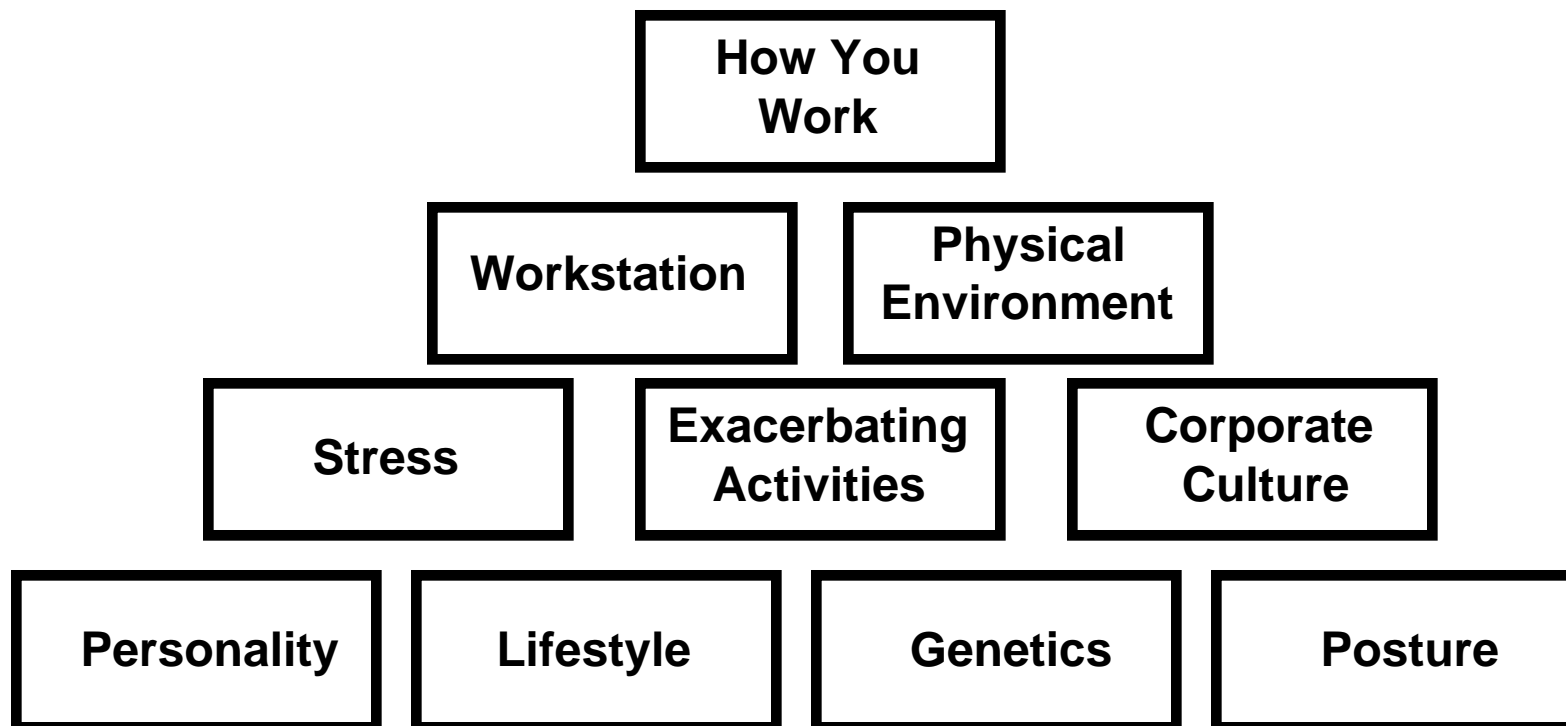
Genetics

Posture

Risk Factors



Risk Factors



Continuum of RSI	
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Outcome

Continuum of RSI

	<i>Pre-RSI</i>
<i>Symptom</i>	“Funny” Feeling in arms or hands Heightened Awareness Self-Massage Stiffness
<i>Outcome</i>	Relieved by rest

Continuum of RSI

	<i>Pre-RSI</i>	<i>Early RSI</i>
<i>Symptom</i>	“Funny” Feeling in arms or hands Heightened Awareness Self-Massage Stiffness	Intermittent twinges of pain or tingling while typing Stiffness
<i>Outcome</i>	Relieved by rest	Relieved by rest and rehabilitation

Continuum of RSI

	<i>Pre-RSI</i>	<i>Early RSI</i>	<i>Danger Zone</i>
Symptom	<p>“Funny” Feeling in arms or hands</p> <p>Heightened Awareness</p> <p>Self-Massage</p> <p>Stiffness</p>	<p>Intermittent twinges of pain or tingling while typing</p> <p>Stiffness</p>	<p>Weakness</p> <p>Clumsiness</p> <p>Intermittent, pain not relieved by rest</p> <p>Tingling and loss of sensation</p> <p>Cold Hands</p> <p>Daily activities impaired by depression</p>
Outcome	Relieved by rest	Relieved by rest and rehabilitation	Moderate risk of permanent impairment.

Continuum of RSI

	<i>Pre-RSI</i>	<i>Early RSI</i>	<i>Danger Zone</i>	<i>Chronic Pain</i>
Symptom	"Funny" Feeling in arms or hands Heightened Awareness Self-Massage Stiffness	Intermittent twinges of pain or tingling while typing Stiffness	Weakness Clumsiness Intermittent, pain not relieved by rest Tingling and loss of sensation Cold Hands Daily activities impaired by depression	Weakness Constant pain, not relieved by rest; made worse by any activity, disability
Outcome	Relieved by rest	Relieved by rest and rehabilitation	Moderate risk of permanent impairment.	High risk of permanent impairment

Continuum of RSI

	<i>Pre-RSI</i>	<i>Early RSI</i>	<i>Danger Zone</i>	<i>Chronic Pain</i>	<i>Complex Chronic Pain</i>
Symptom	“Funny” Feeling in arms or hands Heightened Awareness Self-Massage Stiffness	Intermittent twinges of pain or tingling while typing Stiffness	Weakness Clumsiness Intermittent, pain not relieved by rest Tingling and loss of sensation Cold Hands Daily activities impaired by depression	Weakness Constant pain, not relieved by rest; made worse by any activity, disability	Chronic pain RSD, Dystonia; Severe depression
Outcome	Relieved by rest	Relieved by rest and rehabilitation	Moderate risk of permanent impairment.	High risk of permanent impairment	Permanent disability